

ASSESSMENT OF MALNUTRITION IN HOSPITALIZED PATIENT IN THE BOOALI SINA HOSPITAL OF QAZVIN

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Abstract

Background and Aim

Malnutrition is a serious problem in hospitalized patients that increases risk of infection, morbidity and mortality. Evidence show about 30-50% of hospitalized patients suffer from malnutrition. There is not enough data on prevalence of malnutrition in hospitalized patients in Iran. Present study assays prevalence of malnutrition among hospitalized patients in Qazvin.

Methods

In this study, we assayed malnutrition among patients in Booali Sina hospital, as main general hospital in Qazvin. The SGA questioner was used to assessment of malnutrition. Duration of study was four day. All patients that have inclusion criteria were assayed. SGA was completed twice for each patient: at the first and fourth day of admission. Anthropometric data including weight, height and mid arm circumference were measured, and BMI was concluded. Unwanted weight loss during three past months was recorded.

Results

A total of 75 patients were assayed. The averages of weight (kg), height (cm), BMI, and mid arm circumference (cm) were 72.8 ± 13.92 , 163 ± 9.72 , 27.43 ± 5.35 , and 30.74 ± 4.26 , respectively. 36 percent of patients had unwanted weight loss during three past months. According to SGA questioner 77.5 percent of patients had good nutritional status (grade A) while moderate and severe malnutrition (grade B and C) were identified in 22.5 percent of patients.

Conclusion

Present study shows, prevalence of malnutrition is high among hospitalized patients. It shows the importance of primary nutritional screening of patients to identifying patient suffering from malnutrition and referring them to nutrition counselors in hospitals. Also, presence of enough educated nutrition counselors in hospitals is necessary.

Keywords: Patient, Hospital, Malnutrition, SGA questioner